



## Office of Human Resources Newsletter

February 2018 Edition

### Martin Luther King, Jr. Holiday



On January 15<sup>th</sup>, over 150 faculty and staff members attended a commemoration of Dr. Martin Luther King Jr's legacy. The observance

featured keynote speaker, Benjamin Todd Jealous. Mr. Jealous spoke about our commonalities, regardless of differences, reminded us that change happens when we become involved and encouraged us to consider that activism begins at the grass roots level. He guided audience members to, "Stop fearing anybody. Start talking to everybody, and to lean in and lead beyond your comfort zone."

### February is Black History Month

In observance of Black History Month, please join us for a screening of MARSHALL. For more information, click here:

[https://tcnj.co1.qualtrics.com/jfe/form/SV\\_7PxQ80t9r8xNdl1](https://tcnj.co1.qualtrics.com/jfe/form/SV_7PxQ80t9r8xNdl1)

### February is National *Heart* Health Month

TCNJ Dining Services wants to increase awareness of heart disease and the steps you may take to avoid this dangerous health condition. We can all take steps *today* on the path to better health. The severity, and recovery from heart disease may be improved through

preventative lifestyle measures, such as healthful nutrition!

We suggest that you focus on the foods that ARE heart healthy (rather than those that are not). A heart healthy diet does not have to be restrictive or boring. Choose foods that are nutrient dense, low in salt, and low in saturated and trans fat. Tips for you to consider ~

- Consume a variety of fruits and vegetables. Fresh, frozen, and canned (without added salt/sugars) are all great options. Fruits and vegetables are rich in fiber, vitamins, minerals, and phytonutrients such as antioxidants that can help reduce cell damage.
- Consume low-fat dairy, such as 1% or skim milk.
- Choose whole grains, rich in fiber for most meals. Nutrient rich whole oats, whole wheat, quinoa, and brown rice are just a few whole grains that can help lower cholesterol levels.
- To help reduce saturated and trans fats that are consumed, choose plant protein sources often (beans, nuts, seeds, etc.). When choosing animal proteins, select lean cuts of meat and prepare them with healthful oils such as canola or olive oil.
- Consume fatty fish (salmon, tuna, and herring) that are high in omega-3 fatty acids at least twice a week. Walnuts, ground flaxseed, and chia seeds are also wonderful sources of omega-3 fatty acids.
- Meal planning, and preparing meals at home can help control the amount of sodium consumed. Use a variety of cooking techniques,



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and ingredients to help create flavorful options without a lot of salt!

For a Heart Healthy recipe, click here: [Heart Healthy Wasabi Ginger Salmon - Yummy!](#)

### HR Talent Acquisition Enhancements!

The Office of Human Resources has deployed TALEO, an applicant tracking and on-boarding system, to enhance TCNJ's internal and external staff and faculty recruitment processes. With Taleo, TCNJ's application process is fully electronic and much more closely aligned with talent acquisition best practices. We are happy to bring to you greater efficiency and process improvements.

### Special Offer for TCNJ Faculty and Staff

Pennington CrossFit is offering TCNJ faculty, staff, and your adult household members, free membership to the Foundations program during the months of January, February and March. The program is normally \$125 and is a 3 separate hour-long session program which gives small group instruction and skill practice. To learn more about this program visit [penningtoncrossfit.com](http://penningtoncrossfit.com) or call (609) 647-6963.

### New! Leave Management System



The Office of Human Resources continues to deploy Softtime Online. Softtime is an easy to use, web based system and has replaced paper time sheets for many TCNJ employees. HR, IT, Office of the General Counsel, the Treasury portfolio, Enrollment Management, Student Affairs, College Advancement and the Office of the President are now using this new technology.

By mid-2018, Softtime Online will have replaced paper time sheets for all staff and faculty. Stay tuned to learn more as the launch date in your area draws near.

### Learning & Professional Development

Classes scheduled in February include: Google Apps, Retirement Investment Options, and a Diversity & Inclusion seminar – “Do You Hear What I Hear”. Space is limited, so sign up today! [https://tcnj.co1.qualtrics.com/jfe/form/SV\\_1Y6TxvGc7vdDojP](https://tcnj.co1.qualtrics.com/jfe/form/SV_1Y6TxvGc7vdDojP)

To learn about seminars scheduled in February and beyond, please click here: [2018 Course Calendar](#).

